

REGISTRATION

Online via the homepage www.hellenicbalintsociety.gr
Please select "Events" to download the registration form and make a payment of the corresponding amount to the account:

PIRAEUS BANK Account: Hellenic Balint Society
IBAN: GR 19 0172 0320 0050 3209 3826 792
BIG: PIRBGRAA

CONFERENCE FEES

€280.00 for members of Societies members of IBF
€300.00 for non-members
€100.00 for students
10% discount for registrations until 31. December 2022

CONFERENCE VENUE

Conference Centre of Mediterranean Agronomic Institute of Chania
<https://confer.maich.gr>

SOCIAL EVENT PROGRAMME

€50.00 on (additional booking required).
Saturday (3.30 p.m. – 11.00 p.m.)
The Conference Social Event includes; transport from MAICH Conference Centre to the Old Town of Chania. Coffee and cake in traditional cafe. Guided tour of the Old Town (Venetian, Jewish and Turkish Quarters). Dinner in a traditional restaurant in the old town (water and local wine included). Arranging a return trip to the Conference Centre for any attendees who reside there.

EVENT ORGANIZER

The Hellenic Balint Society in association with the International Balint Federation (IBF)

SCIENTIFIC COMMITTEE

Prof. Dr. Lionis, Prof. Dr. Chrousos, Dr. Stella Argyriadou, Dr. Alkistis-Maria Igoumenaki

CONFERENCE ORGANISING COMMITTEE

Organizational leadership: Alkistis-Maria Igoumenaki
Team: Stella Argyriadou, Sofiana Chatzopoulou, Nikos Fragkos, Anna Ignatiadou, Christina Kalogirou, Georgios Kanellopoulos, Niki Kiriazi, Ilya-Meliti Kollia, Popi Konstantopoulou, Ioannis Kotis, Lillian Markaki, Grammati Ntalosi, Maria Petropoulou, Aglaia Roussou, Rodoula Zorba.

CONTINUOUS PERSONAL DEVELOPMENT

For any further queries on training to become an accredited Balint Group Leader or with regards to participating in Balint Groups please visit our homepage www.hellenicbalintsociety.gr, or alternatively contact our admin via email at info@hellenicbalintsociety.gr

Note: In case of written cancellation before the 30th of January 2023, Organising committee keep the right to charge a cancellation fee of €50. You will be refunded the remaining amount. For any cancellations after the 30th of January there is a 50% charge of the total fee. The organisers have the right to make changes for important reasons/ unforeseen circumstances. All suggested prices include VTA.

THE BALINT GROUPS – A BRIEF INTRODUCTION

The **Balint groups and the Balint method** were developed and named after Michael Balint (1896–1970). The Balint Method aims to raise awareness of Doctors and other Mental Health and Social Care Professionals, about the key role of the unconscious procedures in shaping the relationship between doctor/therapist and patient/client, and how they should be managed.

Balint Groups are a part of medical curricula and are also included in training schemes in relevant social sciences. Balint groups consist of 8–12 members with a medical or psychosocial professional background who observe and analyse the 'doctor-patient relationship' under the supervision of an accredited Balint Group Leader. Current or past sessions with the patient are presented as a 'case' to get a more in-depth understanding. The presentation of the case is based on the subjective memory without the use of notes or medical records. In this way, both the speaker/presenter and the participants of the group acquire an emotional impression of the presented relationship.

The members of the group then express their impressions, feelings, and fantasies in relation to the presented case. This forms an extensive and multidimensional picture of the doctor/therapist-patient relationship ('transference and countertransference'). The speaker receives suggestions for new prospects, light is shed at the 'blind spots' through another perspective, relevant emotions are intensified that all lead to a better recognition of the potential patterns and the impact on the patient. The outcome of the analysis of the therapist/patient relationship which has been clarified through different perspectives, benefits the therapist, the patient as well as the participants of the Balint Group.

Balint groups are used to ensure the high quality of the medical and therapeutic work and to prevent professional burnout as the speaker quite often gets the sense of emotional relief.

In **Psychodrama-Balint**, the Group Leader asks the case presenter to tell the story of the consultation and in collaboration of members of the group to play different moments of the relationship with the patient.

Those moments of psychodramatic play are the added aspect to the method. Before and after every scene of play, the Group work is same as in any other Balint group.

(www.psychodrame-balint.com)

IBF COUNCIL MEETING

www.balintinternational.com

Workshops
in Cooperation with the
HELLENIC BALINT SOCIETY

www.hellenicbalintsociety.gr

Chania, Crete, Greece
19th-21th May 2023



hellenic
balint
society



The International
Balint Federation

THE INTERNATIONAL BALINT FEDERATION (IBF)

The International Balint Society was formed in 1972 from the merge of Societies in France (est. 1967), England (est. 1969), Italy (est. 1971) and Belgium (est. 1971). The IBF now includes 24 national member societies worldwide.

THE OBJECTIVES OF THE IBF are:

- to bring the member countries together
- to integrate the Balint Method in the training of medical doctors worldwide
- the development of the Balint Societies and promotion of Balint Method in all countries
- to create common standards for the training of Balint Group Leaders
- the research on work with Balint Method and the dissemination of the results in regular international congresses

Further information can be found at:
www.balintinternational.com

THE HELLENIC BALINT SOCIETY

The Hellenic Balint Society (HBS) was founded in 2018 as a non-profit Organization inspired by the concepts and methodology of Michael Balint. HBS is a member of the International Balint Federation since the beginning of 2019.

THE OBJECTIVES OF THE HBS are:

- to promote, through group work with the Balint method, the research and knowledge of the psychological aspects of the doctor-patient relationship, and other health and social care professions.
- to reveal the importance of the therapist-patient relationship in the progress of the therapy
- to promote the collaboration between patient / client through the exploration of their relationship with the Balint Method
- to ensure quality in medical and therapeutic work.
- to contribute to the prevention of personal burnout of professionals

For further information please visit
www.hellenicbalintsociety.gr

Chair: Dr. Alkisti-Maria Igoumenaki
2nd Vice – Chair: Prof. Dr. Christos Lionis
3rd Vice – Chair: Dr. Stella Argyriadou
General Secretary: Dipl. Psych. Ilya-Meliti Kollia
Financial Officer: Aglaia Roussou
E-MAIL: info@hellenicbalintsociety.gr
www.hellenicbalintsociety.gr

The IBF Council Meeting, Conference and Workshops, will take place in 19–21 May 2023 in cooperation with the Hellenic Balint Society (www.hellenicbalintsociety.gr). The conference offers the special opportunity to work with international colleagues in a joint Balint Group and to discover something that connects all us. The conference language is English. In addition to the English-speaking (international) Balint Groups, Greek-speaking Balint Groups will be also offered. Doctors of all disciplines, Psychologists, Child- and Adolescent Therapists, Nursing and Social Workers, Medical Students, Students in Psychology and other Social Sciences are invited to participate.

GROUP OFFERS

- Balint Group, English speaking
- Balint Group, Greek speaking

CONFERENCE VENUE

Conference Center of Mediterranean Agronomic Institute of Chania (MAICh)
Alsyllo Agrokipiou
Makedonias 1, 73100 Chania-Crete-Greece
tel. 0030 28210 35080, fax. 0030 28210 35001
<http://confer.maich.gr>, email: confer@maich.gr
[facebook.com/MAICh.Conference.Center.official](https://www.facebook.com/MAICh.Conference.Center.official)

The Conference Center Bureau of the Mediterranean Agronomic Institute of Chania has been certified by DQS GmbH with *DIN EN ISO 9001*: 2008* for the organisation and accommodation of conferences and related activities.

ACCESS TO MAICH

The MAICh Conference Centre is located 3 km SouthEast of Chania city centre, 13 km from Chania International Airport (CHQ) and 1 km from the port of Souda. More info: <http://confer.maich.gr/info/travel.html>

ACCOMMODATION

1. IN MAICH: The academic village of the Conference Centre provides 12 stone-built houses for booking on a first come first served basis. They can accommodate up to 3 persons on a fixed price of €100 per house per day, with breakfast included. For reservations and availability please contact the conference centre. Bureau E-mail: confer@maich.gr, tel. 0030 2821035080-81. Photos are available on website: <https://confer.maich.gr/facilities/accommodation.html>

2. Hotel Porto Veneziano: Centrally located in the port of the Old town of Chania, 4.5 km from MAICh (7–10 min by car). For reservations please contact hotel directly and quote "Hellenic Balint Society" for special offer. Telephone: 0030 28210 27100, E-mail: hotel@portoveneziano.gr (website: www.portoveneziano.gr).
Special offer for hotel reservation ends on 31/12/2022.

3. Hotel Sun Royal: Sited 4 km from Old Town with panoramic view of Chania. 5.5 km from MAICh (10 min by car). <https://royalsunhotel.com>

4. MAICh Student Accommodation. Single and double bedrooms are available for booking in student accommodation for €39(single) and €52(double) per night respectively, breakfast included. For more information, please call on 0030 2821035080-81

In addition to the above, city of Chania offers many other options for hotels, AirBnB and holiday homes, that you can book on the internet.

TIMETABLE (UEMS-EACCME accreditation will be sought to provide participants with European CME Credits-ECMEC)

Friday 19 May 2023

- 15:00 – 16:30** Arrival, registrations, and welcome buffet
16:30 – 17:00 Greetings and Opening of Conference
17:00 – 17:40 **Plenary Lecture:** Installing elements of compassion and narrative medicine in the Balint Groups
Prof. Dr. Christos Lionis, MD, PhD, FRCGP (Hon), FWONCA, FESC
17:40 – 18:00 Coffee break
18:00 – 19:30 Balint Groups/Supervision/Psychodrama-Balint
19:30 till late: Gala Dinner in MAICh

Saturday 20 May 2023

- 09:00 – 10:30** Balint Groups/Supervision/Psychodrama-Balint
10:30 – 11:00 Coffee break
11:00 – 12:30 Balint Groups/Supervision/Psychodrama-Balint
12:30 – 13:30 LUNCH
13:30 – 15:30 IBF (Meeting) Council Meeting
Parallel Sessions
14:00 – 15:30 Balint Groups (for non-IBF participants who would not attend the IBF Board meeting)
15:30 – 23:00 Social Event in the city of Chania*

Sunday 21 May 2023

- 09:00 – 10:30** Balint Groups/Supervision/Psychodrama-Balint
11:00 – 12:30 Large Balint Group (fish-bowl)
12:30 – 13:30 Closing Session, Feedback, End of Conference
After 2:00 p.m., attendees can also join a farewell lunch at Marathi's beachside restaurant. This event should be announced at short notice the day before (20/05/2023). Attendees will pay separately as per their consumption. Transfer will be organised.

*Social Event programme on Saturday 20 May 2023 at Chania:

- 15.30-16.00** Transfer by bus to Chania Old Town.
16.00-19.30 Guided tour in the Old Town, (Venetian, Jewish and Turkish Quarters)
19.30-23.00 Dinner in a traditional restaurant in the old town.
Arranging a return to the Conference Center for the residents there.

